

76 WAYS
TO LIVE FOREVER

**HOW TO REDUCE HEART
DISEASE AND
BLOOD PRESSURE
AND
KEEP YOUR HEART
PUMPING**

By Joe Hepworth

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HOW TO KEEP YOUR HEART PUMPING

In February 2006 I suffered a heart attack. I've since discovered much I should have known that might have averted it.

Mindful of the thousands who die annually from 'one of those things you think will never happen to you' I thought I should take the opportunity of passing on what I've learnt to others, especially those of you who cross our paths here at the offices of SnorBan UK and Eire.

Though many of these tips are taken from a men's health magazine it doesn't mean, ladies, that this information is meant for men only: heaven forbid! Please, ladies, this is for you too so you can keep fit and healthy and therefore ableto look after we lads! (That'll get me into trouble!)

Why even risk the chance from suffering from this deadly disease when there are so many small things you could be doing now to drastically reducing your risk of ever suffering from it at all. There are so many new discoveries whose benefits are now available that you should know of these as soon as possible.

Maybe if I'd followed these recommendations before my heart attack I might have spared myself - and my wife - much inconvenience (especially as we were moving house at the time!) So please:-

Look After Yourself!

You're All You've Got!